



# Holy Family Old Cathedral

ROMAN CATHOLIC ARCHDIOCESE OF ANCHORAGE-JUNEAU  
The Most Reverend Andrew Bellisario, CM, Archbishop  
Staffed by the Friars of the Dominican Province of the Most Holy Name of Jesus



## Act of Spiritual Communion St. Alphonsus de Liguori

*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to you. Never permit me to be separated from You. Amen.*

# The Solemnity of the Most Holy Trinity

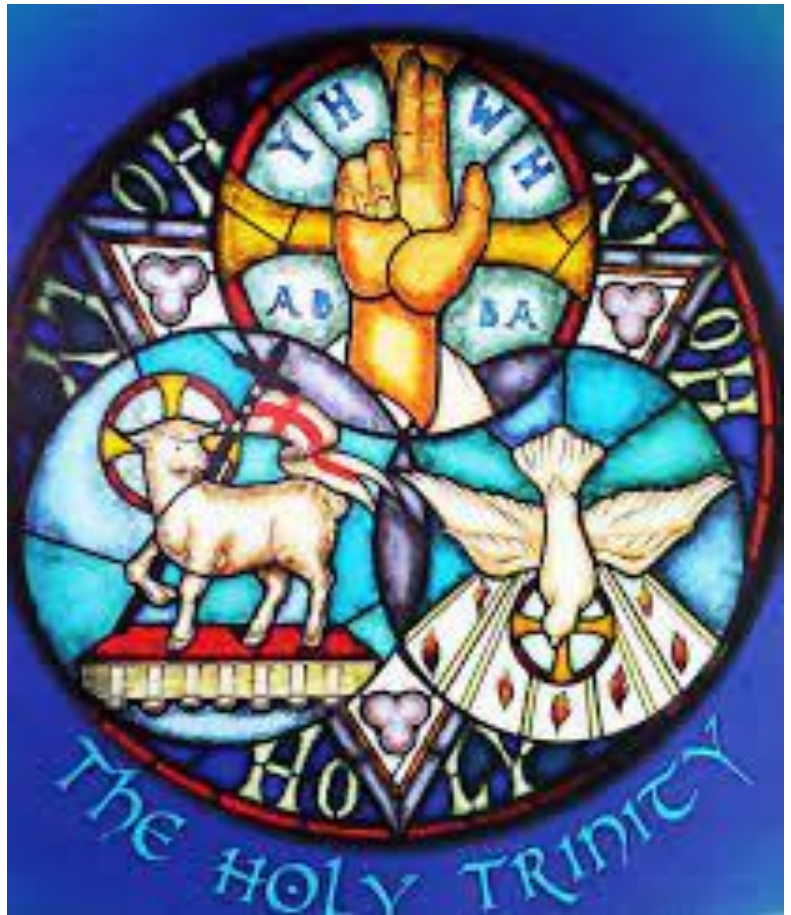
May 30, 2021

## MASS SCHEDULE

\*Livestreamed Masses, and in person

**Sunday:** 730 AM, \*930 AM, 12 PM;  
Spanish, 2 PM\*; Dominican Rite, \*4 PM; 6 PM  
**Monday - Friday:** 8 AM, \*12 noon  
**Wednesday:** Dominican Rite, \*4 PM  
**Saturday:** \*9 AM; Vigil 530 PM

- **CHURCH OPEN HOURS:** The Church is open 30 minutes before Masses except 1 hour before weekday noon Masses.
- **THE CRY ROOM CAN BE RESERVED** at all Masses for especially vulnerable parishioners – family groups or individuals. Call Deacon Dave at 646-3002 at least 48 hours in advance.



## FROM FATHER STEVE

"All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit." Matthew 28:18

It is a familiar sight if you have watched a few games live or on TV. The place kicker lines up for the game winning

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field goal. The shooter bounces the basketball twice at the throw line to tie the game with 2 seconds left on the clock. The batter takes a practice swing at the plate with the tying run on second base. And then what happens? They make the sign of the cross. Then, for real, they plant their feet, step up to the line, step up to the plate. They are ready.

I love seeing that - invoking the Holy Trinity for all to see. When the worldly drama and pressure is at its highest and the spotlight is on – they invoke the Father, Son and Holy Spirit. Make no mistake, only a Catholic would do such a thing.

The Sign of the Cross is one of the “Big Three” power prayers. Along with the Eucharist and the Our Father, invoking the Holy Trinity is one of three prayers that Jesus explicitly tells his followers to do in the Gospels. At the end of Matthew’s Gospel, he commands them to baptize all nations in the name of the Father, Son and Holy Spirit.

The Sign of the Cross is short-hand for baptism. In just a few words and a simple gesture, it invokes the entire theological weight and reality of baptism: our incorporation into the Body and Christ, our desire for eternal life, and our desire to know, love and serve God. This is why we make the Sign of the Cross whenever we begin and end prayer, be it at Mass or a prayer before meals. We call upon God and profess our faith in God, dedicating our activity to Him.

Choose times during the day to make a prayerful Sign of the Cross. It is a powerful prayer in a compact package. God is praised, thanked, and our desire that his will be done is expressed. God gives us this portable, powerful prayer to be used anytime, anywhere, without confusion about who we are, what we are doing and what we desire.

Parish News: In observance of Memorial Day this Monday, there will be one parish Mass at 9am. The regular weekday Mass and Confession schedule resumes on Tuesday. We are happy to announce that Br. Antony’s residency year has been extended to the end of July. Usually, our residency brothers return to California at the start of June. This extension allows him to have a fuller experience of parish life that until recently was limited due to COVID mitigation. Next September, we will have a new Dominican student brother joining us, Br. Benedict Mary Bartsch, OP.

Fr. Steve Maekawa, OP - Pastor

## !!! EVENTS !!!

6/1. Tuesday. 7P. **NEW ADULT CLASS. ANSWERS TO YOUR CATHOLIC QUESTIONS.** Min Center.

6/5. Saturday. 930A. **BR. JOSH’S ORDINATION TO THE DIACONATE.** Livestreamed. Min Center.

6/6. Sunday. After 930A Mass. **CORPUS CHRISTI PROCESSION.** Courtyard.

## CHURCH INFORMATION

**CONFESSIONS.** M - F 1130A – 12P; Sat. 830A – 915A. Also, by appointment. Visit the website to contact individual friars. [www.holyfamilycathedral.org](http://www.holyfamilycathedral.org) or call 276-3455.  
**MASS INTENTIONS.** Contact office at 276-3455 or email [frontdesk@holyfamilycathedral.org](mailto:frontdesk@holyfamilycathedral.org).

**VOTIVE CANDLES** may now be lit by parishioners.

### CHURCH OPEN HOURS

Saturday/Sunday: 30 minutes before Mass.  
Monday – Friday: 730A – 830A and 11A – 1245P.

### PARISH OFFICE HOURS

Closed Mondays. Tuesday – Thursday, 9A – 4P.  
And by appointment. Call 276-3455.

### ST. PAULS CORNER BOOKS AND GIFTS

Sundays, 1030A – 230P; Wednesdays, 11A – 2P.

### CLERGY

#### Parish Dominicans

Fr. Steven Maekawa, OP	Pastor
Fr. Dismas Sayre, OP	Parochial Vicar
Fr. Andy Opsahl, OP	Parochial Vicar
Fr. Gregory Tatum, OP	½ time Parochial Vicar
Br. Antony Cherian, OP	Residency Brother

#### Deacons

Deacon David E. Van Tuyl	Permanent Deacon
Deacon Gustavo Azpilcueta	Permanent Deacon

### PAID AND UNPAID STAFF – contact at 907-276-3455

Letha Flint	Administration
Bernardette Frost	Manager, St. Paul’s Corner
Cecilia Anastasia (P)	Bookkeeper
Mary Beth Bragiel (P)	Operations Consultant
Dan Concepcion (P)	Maintenance

## STEWARDSHIP OF TIME

### Prayer and Study

### EUCHARISTIC ADORATION



“O Trinity, eternal Trinity! Fire, abyss of love....  
was it necessary that You should give  
even the Holy Trinity as food for souls?...  
You gave us not only Your Word  
through the Redemption and in the Eucharist,  
but You also gave Yourself  
in Your fullness of love for Your creature.”

St. Catherine of Siena

#### EUCHARISTIC ADORATION

Wednesdays. 7P – 8P.

Fridays. 830A – 12P.

#### LITURGICAL SCHEDULE AND MASS READINGS

##### May 30 – Solemnity of the Most Holy Trinity.

Deuteronomy. 4:32-34, 39-40; Psalm 33:4-6, 9, 18-20, 22; Romans 8:14-17; Matthew 28:16-20.

**May 31 – Feast of the Visitation of the Blessed Virgin Mary.** Zephaniah 3:14-18a; [Psalm] Isaiah 12:2-6; Luke 1:39-46.

**June 1 – Memorial of Saint Justin, Martyr.** Tobit 2:9-14; Psalm 112:1-2, 7-9; Mark 12:13-17.

**June 2 – Wednesday of the Ninth Week in Ordinary Time.** Tobit 3:1-11a, 16-17a; Ps. 25:2-9; Mark 12:18-27.

**June 3 – Memorial of Saint Charles Lwanga and Companions, Martyrs.** Tobit 6:10-11; 7:1bcde, 9-17; 8:4-9a; Psalm 128:1-5; Mark 12:28-34.

**June 4 – Friday of the Ninth Week in Ordinary Time.** Tobit 11:5-17; Psalm 146:1b-2, 6c-10; Mark 12:35-37.

**June 5 – Memorial of Saint Boniface, Bishop and Martyr.** Tobit 12:1, 5-15, 20; [Psalm] Tobit 13:2, 6-8; Mark 12:38-44.

**June 6 – The Solemnity of the Most Holy Body and Blood of Christ.** Exodus 24:3-8; Psalm 116:12-13, 15-18; Hebrews 9:11-15; Mark 14:12-16, 22-26.



### MASS INTENTIONS\*

May 29	9A	+Miriam Watanabe
<b>Saturday</b>	<b>530P</b>	<b>Fr. Andy Opsahl, OP</b>
May 30	730A	John Francis Forbes
<b>Sunday</b>	<b>930A</b>	<b>People of Holy Family</b>
	12P	Fr. Gregory Tatum, OP
	2P	+Joanna Miller
	4P	+Joseph Donald, Sr.
	6P	Fr. Dismas Sayre, OP
May 31	9A	Priest's Intention
<b>Monday</b>		
June 1	8A	+Miriam Watanabe
<b>Tuesday</b>	<b>12P</b>	<b>+Ana de Jesus Avitrago</b>
June 2	8A	+Phyllis Wilson, +Rick Wilson, +Melissa Paquette
Wed.	12P	Rita Wichorek
	4P	+Loretta Donald
June 3	8A	+Lorenzo Santos
<b>Thursday</b>	<b>12P</b>	<b>+Miriam Watanabe</b>
June 4	8A	Fr. Steve Maekawa
<b>Friday</b>	<b>12P</b>	<b>+Adrienne Clifton</b>
June 5	9A	Marian Jones
<b>Saturday</b>	<b>530P</b>	<b>+Margaret Nixon</b>
June 6	730A	+Miriam Watanabe
<b>Sunday</b>	<b>930A</b>	<b>+Rudy Berus</b>
	12P	People of Holy Family
	2P	
	4P	Barbara Johnson
	6P	+Gregory Rendon

\*To request a Mass for a specific intention, please contact the office at [frontdesk@holyfamilycathedral.org](mailto:frontdesk@holyfamilycathedral.org).

## STEWARDSHIP OF TREASURE

### OFFERTORY

Offertory through May 23: \$ 417,361

Offertory May 23: \$ 7,134

Cash and checks: \$ 4,618

E-giving: \$ 2,516

**Is COVID-19 keeping you away from Mass?**  
**Consider becoming an e-giver, available on line.** Or, your weekly parish donation may be given to a priest at Mass, mailed to the office, or dropped in the mail slot at the 6<sup>th</sup> Avenue entrance.

2021 ANNUAL CATHOLIC APPEAL

## United in Mission: God's Work, Our Hands

May 15 – June 20

GIVE SECURELY ONLINE

[aoaj.org/pledge](http://aoaj.org/pledge)

Holy Family 2021 Assessment: \$84,500

## STEWARDSHIP OF TALENT

### LITURGICAL MINISTERS

Extraordinary Ministers      Lectors

June 5  
530P  
June 6  
730A  
930A  
Noon  
6P

Our English extraordinary ministers and lector lists are very short. Please contact Marianne Berus at 248-4707 to volunteer or to reactivate your participation. It's a five star volunteer opportunity!

### HOMEBOUND COMMUNION

If you or someone you know is interested in having Communion brought to a home, please email [communion@holycatholiccathedral.org](mailto:communion@holycatholiccathedral.org) or call the parish office. Precautions will be taken due to COVID.

### CATHOLIC DAUGHTERS OF THE AMERICAS ANNUAL RAFFLE

**Tickets: After Masses, June 5 – 6, Vestibule**

All money raised goes directly back into our community for priests, seminarians, sisters, Beans Café, Covenant House, local Catholic schools, Clare House, St. Theresa's Camp, and more. Tickets: \$5 or 5 for \$20.

Drawing on June 12. Great prizes!

Please be generous. Thank you.



### BROTHER FRANCIS SHELTER

Needs help serving and preparing meals. To help cook: Tricia Teasley, [tteasley@cssalaska.org](mailto:tteasley@cssalaska.org), 250-8040. To help serve: Henry McCray, [hmcrcay@cssalaska.org](mailto:hmcrcay@cssalaska.org).

### HUGE GARAGE SALE Lumen Christi High School

Friday-Saturday, June 4/5, 7A-5P  
Donations accepted June 1-3, 8A-4P  
8110 Jewel Lake Road

Supports new textbooks and other curriculum materials.

**THANK YOU FOR YOUR SUPPORT!**

Holy Family Old Cathedral  
811 W 6th Avenue, Anchorage, AK 99501  
(907) 276-3455

[frontdesk@holycatholiccathedral.org](mailto:frontdesk@holycatholiccathedral.org);  
[www.holycatholiccathedral.org](http://www.holycatholiccathedral.org)

## Parish Ministries and Groups

### LITURGICAL MINISTRIES:

Altar Servers English. . . . . Deacon Dave, 885-9992  
Dominican Rite. . . . . Jason Fouch, 903-7965  
Spanish. . . . . Dulce Martinez, 339-7118

### Extraordinary Ministers of Holy Communion / Lectors

English. . . . . Marianne Berus, 248-4707  
Spanish. . . . . Lupe Ortega, 350-2667

**Liturgical Art & Environment** Florence Ward, 301-4613

**Music.** Music Coordinator: . . . . . Letha Flint, 227-3201

2P Spanish. . . . . Juan Ortega, 250-2027

4P Schola. . . . . Mario Bird, 205-9390

6P Choir. . . . . Liz Janezich, 947-8335

**Sacristans.** Weekdays and Saturday. . . . . Position open

**Ushers.** English . . . . . Deacon Dave, 885-9992

Spanish . . . . . Jacobo, Carlos Sanchez

### PRAYER:

**Adoration.** . . . . . Katie Reed, 348-7300

**Centering Prayer.** . . . . . English: Kess Frey, 338-2894

Spanish: Cristina Azpilcueta, 903-6297

**El Shaddai.** . . . . . Rowena Carrillo, 250-0823

**Llamas del Espiritu.** . . . . . Griselda Martinez, 339-7118

**Prayer Line Requests.** . . . . . Use the form on the website

**Legion of Mary, Junior.** . . . . . Meyoung Wolfe, 360-0996

**Legion of Mary, Senior.** . . . . . Beth Konkol, 608-436-4660

### WORKS OF MERCY:

**St. Vincent de Paul.** . . . . . Michael El-Khoury, 330-9637

**Homebound Ministry.** . . . . . Paul Lariviere, 276-3074

**Pioneer Home.** . . . . . Sheila Barrett, 334-9503

**Parish Nurses.** . . . . . Office, 276-3455

**Prison Ministry.** . . . . . Deacon Dave, 885-9992

### SERVICE AND FELLOWSHIP:

**Knights of Columbus.** . . . . . Bill Fasser, 907-903-3145

**Women of Holy Family.** . . . . . Florence Ward, 301-4613

**Earth Angels.** . . . . . Office, 276-3455

**Coffee & Donuts.** . . . . . Bill Fasser, 907-903-3145

**Trail Life.** . . . . . [tlusatroop251@gmail.com](mailto:tlusatroop251@gmail.com)

**Fellowship Dinners** . . . . . [fandjwright@gmail.com](mailto:fandjwright@gmail.com)

**Adoration Guardians.** . . . . . Katie Reed, 348-7300

### EVANGELIZATION AND EDUCATION:

**Religious Education.** . . . . . Office, 276-3455

**St. Paul's Corner.** . . . . . 646-3070

**Catholics Read book group.** . . . . . 646-3070

**Project Rachel Healing after Abortion.** . . . . . 297-7781

**Catholic Men for Life.** . . . . . Dennis Deering, 258-0386

**Natural Family Planning** . . . . . [www.aknfp.com](http://www.aknfp.com)

**Website/Parish App.** . . . . . [geolochner@gmail.com](mailto:geolochner@gmail.com)

### ADMINISTRATION:

**Finance Council.** . . . . . Joe Babka, 337-2335

**Parish Council.** . . . . . Fr. Steven Maekawa, OP, 276-3455